

MAMMOTH CAMP AUGUST 4-10, 2019 PACKET #2

Mammoth Camp 2019 General Information

Departure Cerritos students meet at Cerritos High School at

6:00 am August 4. We want to leave by 6:30 am.

Arrival We will try to arrive at the Sherwin Villas by 3:15 pm.

Arrival Home We will get back to Cerritos High School at approximately

6:30 pm on August 10. We will leave Mammoth at

approximately 10:30 am the same day.

Housing We will be staying at the Chateau Sans Nom at Mammoth Lakes.

The athletes will stay in the following rooms: 20, 27, 29, 32

(Subject to Change). The reservations are under Jason

Watanabe. The number to Mammoth Reservations Bureau is

1-800-462-5571.

Weather The weather during the day is generally warm reaching the

mid 80s. The temperature can get cold during the morning

and evenings, ranging from the high 40s to the high 50s.

Therefore, bring clothing appropriate for both kinds of

weather. (See "What to Bring List" for ideas.)

Special Needs If any athlete has a special need such as medication, food

requirements, or desires vegetarian, etc. that information should be brought to the attention of the coach prior to the

departure for Mammoth so that special accommodations can

be made (Deadline for food request 7/26/2019)

Any Questions TEXT Jason Watanabe at 562-397-0867. ICall is sufficient for emergencies / immediate requests. An e-mail may also be sent to Jason. Watanabe@abcusd.us.

WHAT TO BRIDG HIST

BRING . . .

T-SHIRTS [BE SURE TO PACK SPARES]

WALKING/RUNNING SHORTS

SOCKS [BE SURE TO PACK SPARES]

PAIR OF PANTS

SWEATS

JACKET (LIGHT/WATERPROOF)

TWO PAIRS OF SHOES (RUNNING & CASUAL)

ADDITIONAL PAIR OF RUNNING SHOES

TOILETRIES

EXTRA TOWELS (SHOWER AND POOL)

BATHING SUIT

NOTEBOOK AND PENS [PROVIDED]

FLASHLIGHT (MANDATORY FOR SENIORS)

SLEEPING BAG & PILLOWS

CELL PHONE / HEAD PHONES

EXTRA CASH (AMOUNTS VARY)*

SANDALS (ONE PAIR) *

CAMERA/CAMCORDERS *

SUN BLOCK *

GLOVES (LIGHT) *

BOOKS *

WATER BOTTLE *

MEDICATION W/DR. NOTE

CONDO TEAMS

SNACKS / DRINKS *

MATCHING ITEMS

VIDEO CAMERA

AIR FRESHNER

EXTRA TOILETRY

PROPS

ONLINE MISSIONS

COMPUTER (EDITING)

SPIRIT ITEMS



EXPENSIVE CLOTHING OR JEWELRY

EXCESS CASH

FIREWORKS OR EXPLOSIVES

ANYTHING ILLEGAL (DRUGS, WEAPONS, ETC)

EXTREMELY LARGE BAGS/SUITCASES

* OPTIONAL

ANYTHING DANGEROUS OR UNNECESSARY FOR CAMP

IF IT'S QUESTIONABLE, ASK THE COACH BEFORE YOU PACK IT!!

Phone Lists

Mammoth Reservations Bureau Sherwin Villas www.mammothreservationbureau.com

mammoth hospital mammoth fire mammoth police 1-800-462-5571 760-934-3311 760-934-2300 760-934-2011

27 27

Ellen Ahn
Annabelle Bernardo
Sofia Padilla
Nary Park
Sara Shahabi
Emily Shields
Sarah Shrestha
Kailah Usi
Tara Wang

Samantha Chang
Caitlin Chau
Chloe Chau
Rachel Chu
Kaithelyn Jauregui
Kyli Joe
Elise Nguyen
Karina Patel
Sofia Vasquez
Emma Yang

GRAY
COUNSELORS
& OVERFLOW

11, 12 LVB19 BLACK

Ahmer Abbasi Chris Amaro Andrew Gillispie Anrei Giordano Kevin Hamakawa Jayson Malhi Eric Perez Sehajpal Singh Keoni Usi Ernesto Valencia

20

Arya Hajari
Parsa Hajipour
Bryce Hojo
Zachary Huang
Bryce Kono
Kylex Lin
Andrew Padilla
Andrew Park
Anthony Park
Neil Patel
Tyler Thiem

	Sunday (8/4/19)	Monday (8/5/19)	Tuesday (8/6/19)	Wednesday (8/7/19)	Thursday (8/8/19)	Friday (8/9/19)	Saturday (8/10/19)
6:00am	Meet at CHS		Wake Up (6:00)	Wake Up (6:15)		Wake Up (5:45)	Wake Up (6:15)
	Depart for Mammoth	Wake Up (6:45)	(0.00)	Meet at Vans (6:45)	Wake Up (6:30)	Meet at Vans (6:15)	(6.10)
7:00am		Meet at Vans (7:15)		(0.40)	Meet at Vans (7:00)	(0.10)	Morning Run
8:00am		Morning Run Convict Lake (7:30-9:00)		Morning Run Ridge Run	(7:00) Morning Run		YeeHa River Run (6:30-8:15)
		(11 1 1 1)		(7:15-9:15)	Fartliks (7:35-10:00)	Morning Run	Showers
9:00am		Showers	Hike Rainbow Falls/Devil's		(1.55 15.55)	The Ascent (6:45-12:00)	Clean and Pack
	Ride to Mammoth		Postpile (6:30-12:30)			Pack/Prepare Own Snack	
10:00am	(7:00-1:00)		Brunch at Lake (Pack Own)	Showers	Showers	(Optional)	
							Depart for Cerritos
11:00am		Breakfast (11:00-12:00)		Breakfast (11:00-11:45)	Breakfast (11:30-12:15)		Lunch in Bishop (11:15-12:30)
12:00pm							
1:00pm	Lunch in Bishop	Options Golf/Park (12:30-2:00)		Camp Olympics	Camp Competition at the Park	Brunch (12:30-130)	
2:00pm	(1:00-2:15)		Options Condo Workday Fishing (Tent)	at the Park (12:45-3:00)	(12:45-2:15)	Options Park Day Pool	
	Depart for Mammoth	Clinic Goal Setting	(1:00-3:00)		Clinic Racing Strategies &	(1:30-3:00)	
3:00pm		(2:30-3:30)			Preparation (2:30-3:15)		Ride to Cerritos
4:00pm	Arrive in Mammoth Meet at Vans (4:45)	Afternoon Run Park Trail (3:30-5:00)	Afternoon Run Eagles Landing (3:30-5:00)	Afternoon Workout Pool Workout/Run ALTERNATIVES (4:00-5:30)	Prepare for Bishop Depart for Bishop	Clinic The Elements & The Rise (3:30-4:30)	(12:30-6:30)
5:00pm	(4:45)	Showers	Showers				
3.00pm	Group Runs			Showers	Dinner in Bishop (5:00-6:15)		
6:00pm	Shady Rest Park (5:30-6:30)				Athletes: \$8 Provided	Dinner (5:30-7:00)	
	Orientation			Dinner Pizza Night			Return to Cerritos
7:00pm	(7:00)	Dinner	Dinner	(6:30-7:15)	Rock'n Bowl		
8:00pm	Dinner (8:00-9:00)	(7:00-8:30)	(7:00-8:30)		Back Alley Bowl (6:30-9:00)	Fireless Campfire at the Condos (7:00-8:45)	
9:00pm	Facilities	Camp Competitions	Camp Competitions	Goal Setting (7:30-11:00)	Depart for Mammoth	Senior Night Hike	
10:00pm	Freetime (9:00-11:00)	at the Condos (9:00-10:00) Opening Performances	at the Condos (9:00-10:00)		Curfew (10:30)	Others: Stargazing (9:15-11:00)	
11:00pm	Curfew (11:00)	Curfew (11:00)	Lights Out (11:00)	Curfew (11:00)	Lights Out (11:15)	Curfew (11:30)	
	Lights Out (12:00)	Lights Out (11:30)	(55)	Lights Out (11:30)	(0)	Lights Out (12:00)	





august 5, 2019

Wake Up
Meet at Vans
Morning Run THE
Convict Lake
Showers
Breakfast
Options: Golf/Park
Clinic: Goal Setting
Afternoon Run
The Park Trail
Showers
Dinner

"Timing hsa always been a key element in my life. I have been blessed to have been in the right place at the right time."

Camp Competition*

Lights Out

- Buzz Aldrin

9:00

11:30

*Subject to Change



6:00 Wake Up
6:30 Depart for Rainbow Falls
7:15 Morning Hike
[Athletes Must Pack Their Own Lunch]
12:30 Options: Condo Work Day/Fishing (Tent)
3:30 Afternoon Run
Eagle's Landing
5:15 Showers

5:15 Showers7:00 Dinner9:00 Camp Competitions

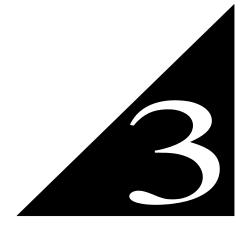
9:00 Camp Competitio

10:30 Curfew11:00 Lights Out

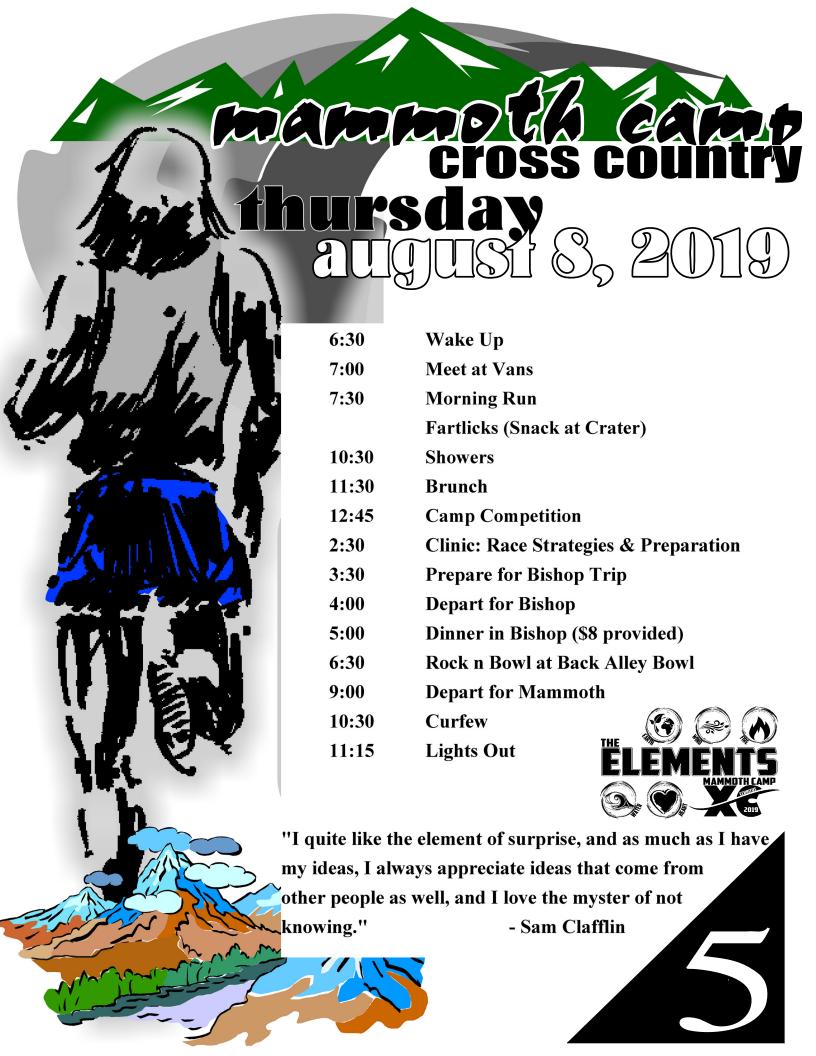


"No amount of skillful invention can replace the essential element of imagination."

- Edward Hopper











6:15 Wake Up **Morning Run** 6:30 YeeHa River Run (optional) 8:15 **Return to Condos Quick Showers** 8:30 **Cleaning and Packing Depart Condos to Bus** 9:45 **Depart** 10:30 **Lunch in Bishop (Not Provided)** 11:15 6:30 **Return to Cerritos**

"I have come to the conclusion that the most important element in human life is faith."

- Rose Kennedy





Last Minute Reminders ...

- o Bring a Sleeping Bag and Pillow. (Recommended)
 - o Bring a Towel (Shower/Pool).
 - o Bring Sunscreen & Toiletries.
- o See What to Bring List In Packet #1 for Additional Items
 - o Bring music, props and other items for team events.

(Please verify space if large item) – Your condo will receive a camera for the week!

o Bring additional money for two meals, snacks, entertainment and activities that require additional funds (fishing, biking).

IF YOU DO NOT SUBMIT ALL OF YOUR PAPERWORK (MAMMOTH FORSM/PHYSICAL PACKET) BY JULY 30TH, YOU WILL FORFEIT ALL FUNDS AND YOUR ABILITY TO ATTEND MAMMOTH CAMP!!!

You are only allowed in the living room area of the opposite gender condo's area when there are at least three people around in the same room of that condo. You are never allowed up/downstairs in the bedrooms or loft.

Do not venture out of the facility without permission.

Please keep noise level to a minimum.

When indoors, shut all the doors in order to keep the noise in.

No profanity or disrespect will be tolerated.

Have a great time!!!

Questions? E-mail me at Jason. Watanabe@abcusd.us

Missions Sneak Peek

Photo/Video Journal Through the Week
Themed Presentations & Music Videos (Need a Laptop per Condo)
Special Performances (Video & Live Performance) - Video (Fri) & Live (Tue)
Karaoke & Dance Competition
Camp Competition Games



Condo Schedule

	BREAKFAST KP	DINNER KP	THEME	AM GATORADE	PM GATORADE
SUNDAY		YELLOW	GRAY		RED
MONDAY	WHITE	BLACK	RED	BLACK	WHITE
TUESDAY		RED	WHITE	RED	YELLOW
WEDNESDAY	RED		YELLOW	WHITE	
THURSDAY	BLACK	WHITE		YELLOW	
FRIDAY	YELLOW	GRAY	BLACK	BLACK	
SATURDAY					

<u>Kitchen Patrol (KP)</u> – Your condo as a whole will come to clean all the dishes in all of the condos after the meal specified. Each member should be present to help clean. You will also be responsible for taking out the trash to the trash bins.

Gatorade – Your condo must send two to three representatives at least fifteen minutes prior to departure to 5A to make the Gatorade for the run and also take the Gatorade cooler and water cups to the vehicles and take it out of the vehicle are return it to 5A. On occasion, there will also be snacks brought to the vehicles.

<u>Theme</u> – Your group will have five minutes to introduce your group members and to have the other condos play a little game! Don't forget your flag and name badges for your particular theme night!

Condo Themes

The condo themes this year will serve as a central theme for your condo. The performances may or may not be specifically focused only on your theme, however, the theme will provide guidance for various competitions.

Let's see who can get the crowd stomping to their beat!

THE ELEMENTS MAMMOTH CAMP 2010

PREPARATION MISSION

I am proud to introduce the first **Mammoth Camp: The Elements** competition and the 17th annual battle at the Mammoth Camp! The Dons will try their best to shape themselves and figure out what best represents them.

Each athlete is assigned to a condo and each condo has been assigned a color. These are your teammates and most trusted allies for the week. As much as we stress unity amongst the team as a whole, you must show unity within your condo to contribute towards winning the title of **Mammoth Camp: The Elements.**

You will be introduced to the rules and regulations of the competition in your next mission letter, however at this time, you have a preparation mission that will begin your cooperative work amongst your condo members. Below is the condo information as well as the first preparation mission. Good luck to you and your team. May the best element win!

RED: FIRE - 20

BLACK: WATER - 32

YELLOW: EARTH - 29

WHITE: HEART - 27

GRAY: COUNSELORS: WIND - 11, 12 & LVB19

MISSION

Target Completion Date and Time: (See Below)

- 1. Create a condo theme song and name. [July 31]*
- 2. Create a condo cheer (approximately 1-2 minutes). [July 31]*
- 3. Create a nickname for each condo member. [July 31]*
- 4. Create a flag for your team. [A t-shirt would make a good flag!] [July 31]*
- 5. Select a leader for your group. [July 31]
- 6. Mammoth Paperwork Submitted & Completed [July 19]

DUE BY CAMP!!

- 7. Coordinate your teams (at least one matching item/theme)!!
- 8. Create a live performance (5-10 minutes). [Info Coming Soon]
- 10. Get supplies for your performances.
- 11. Brainstorm Ideas for Video!
 - * Present these items at the presentation at practice!

Condo Name	5 points	Nicknames	5 points
Theme Song	5 points	Mascot	5 points
Cheer	10 points	Flag	10 points
Matching Items	10 points	Total Points	50 points



PRECAMP MISSION/MISSON #1

"The Basic Elements"

GRAY: SUNDAY – Wind

RED: MONDAY – Fire

WHITE: TUESDAY – Heart

BLACK: WEDNESDAY – Water

YELLOW: FRIDAY – Earth

PRECAMP MISSION: (See Schedule Above)

It's time to show off who has the brains and who needs to spend a little more time studying in this display connecting their theme to something wonderful that they can present.

MISSION #1: The Basic Elements – Monday, August 5

Create a 5-10 minute skit, which could be performed as a drama, a concert, or a game show (as examples), as long as it centers around your element! Do you best to keep it positive, but don't be afraid to challenge the other elements in your performance. Energy and enthusiasm is a plus. memorized and natural performances are even better. Do your best to make it thorough and clear. Using audio, video, visuals, costumes or more is encouraged! Begin planning TODAY!

PRE-PLAN your performances and be sure to make them solid as in the past the performances have fallen short. Do you have what it takes to excel at this?

How you do it is up to you, however, you must include <u>ALL</u> group members and <u>you must keep the noise to a minimum</u>. Make sure it's entertaining no matter how you choose to represent your element! Send a message, but also entertain! Plan ahead since you may start planning before we leave for Mammoth!

Planning	10 points	Promotions	5 points
Time Management	10 points	Miscellaneous	25 points
Mission #1	150 points	TOTAL POINTS	200 points